

Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
Mon 01.00	Spin	Anthea	Wed 01.00	Spin	Steffi	Fri 01.00	Spin	Jo	Sun 01.00	Spin	Kim
Mon 01.30	Pilates	Elaine	Wed 01.30	LBW	Blake	Fri 01.30	Dynamic Pump	Anthea	Sun 01.30	Cardio HIIT	Alfie
Mon 02.00	Konga	Jo	Wed 02.00	Kettlebells	Alex	Fri 02.00	ResistanceBands	Blake	Sun 02.00	Pilates	Christine
Mon 02.30	Core	Kim	Wed 02.30	Fitball	Lisa	Fri 02.30	Cardio Tone	Jo	Sun 02.30	Dynamic Pump	Steffi
Mon 03.00	Stretch	Sam	Wed 03.00	Stretch	Sam	Fri 03.00	Stretch	Sam	Sun 03.00	Stretch	Sam
Mon 03.30	Cardio Tone	Jo	Wed 03.30	Yogalates	Steffi	Fri 03.30	Core	Kim	Sun 03.30	Strong	Lisa
Mon 04.00	LBW	Blake	Wed 04.00	Zumba	Steffi	Fri 04.00	Pilates	Christine	Sun 04.00	Kettlebells	Jo
Mon 04.30	Cardio Combat	Steffi	Wed 04.30	Aerobics	Christine	Fri 04.30	Aerobics	Christine	Sun 04.30	Body Con	Anthea
Mon 05.00	Zumba	Steffi	Wed 05.00	Cardio Tone	Jo	Fri 05.00	LBW	Blake	Sun 05.00	Cardio Combat	Steffi
Mon 05.30	Strong	Lisa	Wed 05.30	Core	Blake	Fri 05.30	Yogalates	Steffi	Sun 05.30	Yogalates	Steffi
Mon 06.00	Pilates	Elaine	Wed 06.00	Dance Fit	Steffi	Fri 06.00	Kettlebells	Blake	Sun 06.00	Bootcamp	Blake
Mon 06.30	Cardio HIIT	Jo	Wed 06.30	TBW	Blake	Fri 06.30	Strong	Lisa	Sun 06.30	Dance Fit	Steffi
Mon 07.00	Kettlebells	Blake	Wed 07.00	Pilates	Elaine	Fri 07.00	Dance Fit	Hayley	Sun 07.00	TBW	Blake
Mon 07.30	Aerobics	Christine	Wed 07.30	Cardio HIIT	Jo	Fri 07.30	Cardio Combat	Steffi	Sun 07.30	Pilates	Christine
Mon 08.00	Body Con	Kim	Wed 08.00	Dynamic Pump	Steffi	Fri 08.00	Core	Jo	Sun 08.00	Konga	Jo
Tue 01.00	Spin	Alfie	Thu 01.00	Spin	Blake	Sat 01.00	Spin	Steffi	<h2>FitSense Virtual Class Schedule</h2> <ul style="list-style-type: none"> • Book via the FitSense app. • After the class start time the video will be available to play in your 'manage bookings' section. • Once you've played the video once, you can playback any booked classes whenever suits you from your 'attended' section. 		
Tue 01.30	Aerobics	Christine	Thu 01.30	Zumba	Steffi	Sat 01.30	Cardio Combat	Steffi			
Tue 02.00	Strong	Lisa	Thu 02.00	UBW	Blake	Sat 02.00	Dance Fit	Hayley			
Tue 02.30	Yogalates	Steffi	Thu 02.30	Fitness Yoga	Olga	Sat 02.30	Kettlebells	Alex			
Tue 03.00	Stretch	Sam	Thu 03.00	Fitness Yoga	Olga	Sat 03.00	Stretch	Sam			
Tue 03.30	Dynamic Pump	Steffi	Thu 03.30	Fitness Yoga	Olga	Sat 03.30	Pilates	Elaine			
Tue 04.00	Dance Fit	Hayley	Thu 04.00	Stretch	Sam	Sat 04.00	ResistanceBands	Blake			
Tue 04.30	UBW	Blake	Thu 04.30	Dance Fit	Hayley	Sat 04.30	UBW	Blake			
Tue 05.00	Pilates	Christine	Thu 05.00	Body Con	Anthea	Sat 05.00	Cardio HIIT	Jo			
Tue 05.30	Konga	Jo	Thu 05.30	Fitball	Lisa	Sat 05.30	Pilates	Elaine			
Tue 06.00	Core	Jo	Thu 06.00	Bootcamp	Blake	Sat 06.00	Zumba	Steffi			
Tue 06.30	Cardio HIIT	Blake	Thu 06.30	Dynamic Pump	Steffi	Sat 06.30	Body Con	Anthea			
Tue 07.00	Body Con	Anthea	Thu 07.00	Zumba	Steffi	Sat 07.00	Cardio Tone	Jo			
Tue 07.30	Zumba	Steffi	Thu 07.30	Pilates	Elaine	Sat 07.30	Yogalates	Steffi			
Tue 08.00	Konga	Jo	Thu 08.00	Konga	Jo	Sat 08.00	Spin	Anthea			